



# GYMNASTICS

## WORD OF THE DAY

### WORKOUT

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**A**-15 Bicycles

**B**-10 Squats

**C**-15 Front Arm Raises

**D**-15 Bicep Curls

**E**-15 Rows

**F**-30 Sec. Superman

**G**-15 Crunches

**H**-30 Sec. High Knees

**I**-20 Jumping Jacks

**J**-15 Lateral Raises

**K**-30 Sec. Bridge

**L**-10 Sumo Squats

**M**-10 Curtsy Squats

**N**-20 Mtn. Climbers

**O**-10 Lunges

**P**-15 Push Ups

**Q**-15 V Ups

**R**-15 Tricep Dips

**S**-30 Sec. Wall Sit

**T**-30 Sec. Plank

**U**-10 Plank Hip Dips

**V**-25 Flutter Kicks

**W**-10 Walking Lunges

**X**-10 Jump Squats

**Y**-10 Side Lunges

**Z**-10 Sec. Rest

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**TODAYS WORD**  
**BACK TUCK**